

# THE TUNING FORK

## Casual Dining with some differences

We focus as much as we can on low food miles & supporting other local businesses. We realise that some parts of the menu may be a bit different and unfamiliar as we do not focus on one particular cuisine but international foods we enjoy eating ourselves. We have written this as we have received lot of questions about our sourcing & cookery. It is our hope that this is an informative source.

### **Drinks**

We source most of our coffee from Carrara Coffee in Market Harborough. The main blend we use is called Vivace, this changes ever so slightly over the seasons due to the supply of beans but we think it is an exceptional blend for espresso-based drinks. We use other more seasonal single origin coffees for our Vietnamese style iced coffee, cold brews and "pour-overs" (single filter style coffee). These methods of brewing the single origins should bring out a crisp clarity to the flavours. The decaf coffee, is processed using the swiss water process so contains no chemicals and is also roasted at Carrara Coffee, upon cupping we notice that it has more body than most other decaffeinated coffees.

For the coffee geeks and those interested buying bags of coffee beans for espresso at home. We use 17g double shots only, for consistency, with a brew weight of 36g and aim for an extraction of 28-32 seconds. We serve in a 7oz cup with a single shot, or 14oz mug with a double shot, again to keep the strength consistent. Tasting notes should be malt, a slight spice and toasted nuts.

We use actual chocolate (Belgium couverture) in the mochas and hot chocolates rather than cocoa powder and sugar. These are both served as a large size for consistency purposes. We serve Lawless Lager from Purity brewery in Warwickshire, its brewed to German Purity law (no chemicals/additives/extra sugar) and matured for 40 days for a full flavour which we think compliments foods very well. In keeping with our own sustainable philosophies, Purity manage all their own waste water back in to Mother Nature through their own wetland system.

### **Bread**

We use revel bakery in little Walton, near Pailton for their sourdough loaves, tinned loaves and brioche buns for our burgers.. They also have a small retail unit in the city arcade in Rugby town centre. They support "the real bread campaign". This basically means there is no chemical additives or preservatives in their doughs. Just good British flours, water, yeast and salt. The gluten free bread we source from gleebe farm online - simply because we think theirs is the best.

### ***Straight from local farms***

During Game season we are lucky enough to be able to source Venison (Red and Fallow) from Summer Farm in Yelvertoft - a Venison Park, where the deer roam free.

Hollybank Farm off Southam road is an organic small holding. Simon supplies for organic vegetable boxes and a few local restaurants in the area. Although the produce is organic, as fresh as it gets and low food miles everything is highly seasonal. This is one of the main reasons we change the weekend evening menu weekly. Simon produces the occasional Dexter Steer which we take primal cuts of for our specials.

Our bacon & black pudding are made by Sercombes of Rugby. They only use British Pork and hand make all their produce. Many of their hand raised pies are award winning and highly recommended. We also use Joseph Morris Butchers (Jo Mos) based in South Kilworth, who source all their pork, beef and lamb from British Farms in Warwickshire, Leicestershire and Northamptonshire.

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## **Other suppliers**

Ritter courivaud supply most of our specialist ingredients, fresh fish and shellfish, European cheeses, foraged mushrooms and specialist free range game from across the country - they are strictly trade, however we may have an idea as to whether/which supermarkets stock similar products.

We focus on sustainable seafood, which ritter courivaud specialise in, such as the migatory skrei cod, british south coast day boated & line-caught fish and fish caught in the world regarded fjord fisheries of Norway.

Martin and Son Fruit and Veg on Kingsway in Rugby supply us with all our day-to-day grocery needs, including Free-Range Loin Marked Eggs from Bitteswell Farms (Lutterworth)

## **Pastry**

Kerry makes all our cakes, pies and tarts from scratch, including all the components. All are "one-off productions" so once it's gone, it's gone. We use butter, free range eggs, dried fruit, Belgian couverture, alcohol, nuts and specialist patisserie ingredients. No chemical additives, preservatives or extenders. All cakes are available to purchase whole but as all components are made in house, needing time to prepare and set etc, a minimum of 48 hours notice is needed - these can be simply decorated for birthdays and events on request.

The soft-serve vanilla icecream we serve is a fresh mix made in Coventry by Criminisi Ice Creams.

## **Vegan / Gluten Free / other allergies & intolerances**

We have been slowly rotating through vegan options at the tuning fork, from tempeh to burgers and more recently a homemade traditional broad bean and chickpea falafel. It is theorised that over time the broad bean element has been removed from falafel recipes in the middle east (and subsequently the rest of the world), due to a hereditary genetic metabolic disorder called favism. You will notice that falafels with a broad bean element are softer textured.

Please inform us if you are coeliac or suffer from any allergy or intolerance. It is important that we use separate cooking equipment, techniques and utensils to avoid cross contamination. For example if you have a nut allergy we cannot cook your food in the same fan assisted oven as we are cooking foodstuffs containing nuts - it must be prepared, cooked and served separately. The kitchen must be informed of all allergies & intolerances to be able to do their job correctly and to manage risk.

## **Specials Board**

Much of the specials board is fresh seafood and local farm based - we try to reflect the seasons and weather as much as possible. It is written and prepared daily during the breakfast shift.

Please be aware that the menu is designed to be all homemade & cooked to order - there can be a wait on food during peak periods. Please inform us if you have a time constraint and we will do our utmost to accommodate this and aid menu choices.

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# THE TUNING FORK

## BREAKFAST

AVAILABLE 08.30AM - 11.45 WEEKDAYS

09.30AM - 11.30 WEEKENDS

### TUNING FORK BREAKFAST

jo mos sausage and sercombes  
smoked streaky bacon, two free  
range poached eggs, sercombes  
black pudding, field mushroom  
roasted with garlic, homemade  
beans, toast (GF)  
£11.25

### BACON AND EGGS

two rashers of sercombes smoked  
streaky bacon, toast, choice of  
eggs (GF)(DF)  
£7.25

(supp:£1.00 for scrambled eggs)

### EGGS BENEDICT

our oat mild dough bread bun  
rashers of sercombes smoked  
streaky bacon, 2 poached eggs,  
hollandaise (GF)  
£9.25

### EGGS ROYALE

our oat mild dough bread bun  
traditionally cured & oak  
smoked salmon, 2 poached eggs,  
hollandaise (GF)  
£10.45

SMASHED AVO & DUKKAH  
ON REVEL'S SOURDOUGH  
an egyptian spice and nut mix,  
coriander  
£6.75

with two eggs, feta and basil  
dressing (V)(GF)  
£8.75

with balsamic vinegar & garlic  
roasted mushrooms and basil  
dressing (V+)(GF)(DF)  
£8.25

### OUR GLUTEN FREE VEGAN CHIA PANCAKES

maple, banana, chocolate sauce  
£5.95  
berries, coulis, maple (V+)(GF)(DF)  
£6.45

### CHOCOLATE BANANA BREAD

served toasted with mascarpone  
and our berry jam (V)  
£4.45

### VEGAN BEAN STEW ON REVEL SOURDOUGH

£4.95 (V+)(GF)(DF)  
add feta +£0.95, add 2 fried or  
poached eggs +£1.95

OAT & CHAI PORRIDGE  
berries, raspberry coulis & toasted  
coconut flakes (GF)(DF)(V+)  
£5.45

### MAPLE SYRUP & CINNAMON TOASTED GRANOLA

greek yogurt & berries (GF)(V)  
£5.45

### ADD ONS

jo mos sausage +£1.45

rasher of streaky smoked  
sercombes bacon +£1.45

smashed avocado +£2.95

homemade beans +£1.95

sercombes black pudding +£0.95

garlic roasted field mushrooms  
+£1.95

*If you would like to change bread  
please request upon ordering*

(V) Vegetarian (GF) Gluten Free available (DF) Dairy Free (V+) Vegan

(please make us aware of all allergies and intolerances)

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# THE TUNING FORK

## LUNCH MENU

AVAILABLE FROM 12.00PM TIL 3PM WEEKDAYS  
12.15PM TIL 3.30PM WEEKENDS

### OUR BURRITOS

our slaw, avocado, cheddar cream cheese and a side of  
coriander lime sour cream:  
pulled beef brisket chilli con carne £10.95  
jo mos pulled bbq pork shoulder £10.45  
squash, bean & bell pepper £10.45 (V) / (V+) option available: VEGAN

### GRILLED CHICKEN SATAY

indonesian style peanut satay, toasted coconut flakes & thai-style  
carrot salad (GF) (DF)  
£9.75

### STEAK AND CHIPS

jo mos 8oz sirloin steak, garlic roasted field mushroom,  
garden cress, our chips, butter sauce, brandy green peppercorn  
sauce or chimichurri - chef to carve on request (GF) (DF)  
£17.95

### CUCUMBER, AVOCADO & MANGO SALAD

with leaves, coriander and toasted coconut flakes, light coconut  
dressing (GF) (DF) (V+)  
£8.75

add chicken strips or yoghurt tikka chicken +£3.95  
add trimmed sirloin steak +£6.95

### CAESAR SALAD

apple cider vinegar, anchovy and garlic emulsion, garlic  
croutons, little gem lettuce, parmesan shaving  
£8.95

add trimmed sirloin steak +£6.95  
add chicken strips or piri-piri chicken +£3.95

### YOGHURT TIKKA CHICKEN or PORTUGUESE STYLE (aka PIRI-PIRI) CHICKEN

with chips & coleslaw or side salad (GF) (DF)  
£11.25

### KEBABS:

BROADBEAN & CHICKPEA VEGAN FALAFEL KEBAB  
(V+) (DF) OR CHICKEN TIKKA KEBAB

fresh flatbread with coconut mint yoghurt dip and salad  
£9.75

ADD GRILLED HALLOUMI £2.95

### WARM EGG, BRIE AND BACON QUICHE

side salad with vinaigrette  
£9.45

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AVAILABLE FROM 12.00PM TIL 3PM WEEKDAYS

12.15PM TIL 3.30PM WEEKENDS

**SALT AND PEPPER CALAMARI AND CHIPS**  
lightly seasoned squid with our gluten free salt and pepper mix,  
chips, our mango nam jim, watercress and lemon (GF) (DF)  
£13.45

**GOATS CHEESE AND AVOCADO SALAD**  
10 year aged balsamic vinegar (GF)  
£9.25

add chicken strips or piri-piri chicken +£3.95  
add trimmed sirloin steak +£6.95

## SIDES

### BURGERS

*all our burgers come in a our oat  
milk dough bread buns (V+) (DF) unless  
gluten free is requested*

**our 8oz steak burger**, onion jam,  
applewood smoked cheddar,  
leaves, gherkin & aioli (GF)  
£11.45

**piri-piri chicken burger**,  
applewood smoked cheddar,  
onion jam, aioli, avocado,  
tomato, gherkin & leaves (GF)  
£10.25  
add bacon +£1.45

**butternut squash and red onion  
pakora burger**, coconut mint  
yoghurt, mango chilli, tomato &  
leaves (GF) (V)  
£10.25

**vegan burger** - pea protein  
burger, vegan cheese, onion  
jam, avocado, tomato & leaves  
(GF) (DF) (V+)  
£9.75

pot of our chips (V+) (GF) (DF)  
£3.45

pot of our chips tossed with aged  
parmesan (GF)  
£4.25

pot of sweet potato fries (V+) (GF) (DF)  
£3.45

side salad (V+) (GF) (DF)  
£3.45

green herb dressed slaw (V+) (GF) (DF)  
£2.95

slaw (GF) (DF) (V)  
£2.95

caesar dressed slaw (GF) (DF)  
£2.95

smashed avo (V+) (GF) (DF)  
£2.95

salsa fresca (V+) (GF) (DF)  
£1.95

paratha (V+) (DF)  
£1.95

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## KIDS MENU

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### BREAKFAST

#### KIDS BREKKIE

sercombes sausage and smoked bacon loin, poached egg, toast and butter (DF)(GF)  
£6.45

#### KIDS PANCAKE

berries and chocolate sauce (DF)(GF)  
£4.95

### LUNCH & DINNER

GRILLED CHICKEN STRIPS (GF)(DF) - OR - SAUSAGES (GF)(DF)  
& CHIPS  
£5.45

MINI FRESH FISH AND CHIPS  
(please enquiry as to availability) (DF)(GF)  
£7.95

#### KIDS MINI PLATTER

sweet potato fries, crudities, sour cream dip, greek yoghurt, fruit and mixed crumble pot (V)(GF)  
£6.45

#### FLATBREAD

cheddar cheese & tomato  
£4.95

#### CALAMARI AND CHIPS

£7.45 (GF)

#### CHICKEN BURGER AND CHIPS

chicken strips, mild cheese, our burger sauce and lettuce  
£7.95

#### 4oz STEAK BURGER AND CHIPS

mild cheese, our burger sauce and lettuce  
£7.95

### ADD-ONS

pot of beans +£1.95 or small side of mixed fresh greens +£1.75

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